



Does Discipline help to Make a Good Nurse ?

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DISCIPLINE is a commonly used word. Everybody knows it. But many students do not know the real meaning of 'discipline'. Some students take discipline as 'punishment'. But punishment is only a disciplinary action.

The word 'discipline' is derived from the original Latin word 'discipline' which means—instruction and training. Discipline is that influence which brings about a balance among what the individual wants to do; what he wants of others; limitations demanded by the society and hazards in the physical environment.

Our desire is to be good nurses. In our school of nursing we have a small library. I am very proud of that library because it is very rich in books and current magazines. We have had special classes on study techniques. We are instructed on how to use library books. We are told that we should always study in the library, quietly, regularly and faithfully. We are not allowed to take library books to the hostels because others may need them or they may get lost there.

I feel benefitted by following these rules because they help us to get more knowledge. We cannot

be good nurses by violating the rules of discipline.

Discipline is not to curtail freedom, but to give greater freedom within limits that the student nurse is able to manage.

I know a student who thought that she was not getting enough freedom in doing procedures. So, one day in the pediatric ward, she gave steam inhalation to a child, without supervision. As a result the child was burnt very badly. Do you know why? Because she was not well-instructed and she did not have enough practice on that procedure. So the limitations in our activities are not to give us less freedom, but to protect the patients and us from dangers. There is more freedom of mind in doing what we know best. Thus, discipline helps us in being competent nurses.

By following the rules consistently we are obeying the authorities of the institution. We are loyal to them. We respect them. We have confidence in them. So in turn the authorities have faith in us. We are loved by them. We are very dear to them. The rules of a country are for the benefit of the public. If you want to be a good citizen, you must

follow the law of your country. Thus the rules which are set up in the school of nursing are for the benefit of the students.

Acceptance, love and respect are the benefits of discipline. By these benefits we feel secure and dignified. In that way discipline helps you to be a good nurse.

Discipline is the most essential factor in our total development as students because, (1) discipline helps to achieve our desires through the acceptable way, (2) discipline gives us more freedom within limits that we are able to manage and (3) discipline brings love and respect from others. □

WARNING

It has been reported that some travel agents are asking nurses for advance payments and other documents on the assurance that appointments in foreign countries will be arranged by them.

The TNAI cannot certify the *bona fides* of the travel agents advertising in the Journal. Any payment made by the nurses to these agents will be at their own risk and responsibility.

—Editor

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